

Congress Must Protect Women, Children & Families from Cuts to Federal Programs

IA-1

APRIL 2025 | FACT SHEET

Background

In February 2025, the U.S. House of Representatives and the U.S. Senate [passed](#) two competing partisan budget resolutions that threaten the programs people across states and Congressional districts rely on to access quality and timely medical care, feed themselves and their families, and pursue greater financial security – all to pay for tax cuts that will largely benefit the wealthiest Americans. While House and Senate negotiators are working on a plan that can pass both chambers, one thing is clear: extending the Trump 2017 tax cuts by cutting programs that working and middle class families rely on will hurt families, communities, and our economy as a whole. While these cuts will hurt people across the country, the below analyses explain the particularly harmful impact to people in Iowa's 1st District.

Medicaid

Over [83 million people](#) nationally are enrolled in Medicaid and the Children's Health Insurance Program (CHIP). Medicaid is the main source of health care for households with low incomes and is financed through a combination of state and federal funds. Medicaid is the largest source of [funding for states](#). While Republicans are [internally split](#) on stripping away lifesaving Medicaid funding, it is [inevitable](#) that cuts will be part of their plan and [these cuts](#) could come in the form of burdensome work reporting requirements, reducing the federal Medicaid match rates to states, or reducing funding for administrative supports that improve safety and promote high-quality care.

- About [82% of people](#) nationally believe Medicaid funding should either increase or stay at current levels.
- IA-1 is home to [153,577 people](#) on Medicaid – or roughly [19.6% of the district's population](#) – including [117,115 women and children](#).¹
- [39% of births](#) are covered by Medicaid in [Iowa](#).²
- There are [13,675 people](#) aged 65 and older in IA-1 who could lose coverage for direct care at home or [nursing home residency](#) or vital [medications](#).³
- Removing federal funding for Medicaid programs will [require Iowa to find \\$5.0 billion](#) to cover the [lack of federal funding](#).⁴

Supplemental Nutrition Assistance Program (SNAP)

Cuts to the Supplemental Nutrition Assistance Program (SNAP) by reducing benefits or expanding work requirements would have significant and far-reaching effects. They could reduce nutrition assistance for over 40 million people across the [country](#) and jeopardize access to healthy food for hundreds of thousands of [infants and young children](#).

- [32,328 households](#) in IA-1 are receiving SNAP benefits, including approximately [8,576 households](#) with children headed by a single woman.
- Overall in IA-1, there are [15,119 households](#) with children receiving SNAP benefits.
- [15,206 households](#) receiving assistance have at least one disabled person receiving SNAP benefits.
- [16,719 of all households in IA-1](#) receiving SNAP had one or more employed [people](#).⁵

Higher Education Support

Slashing programs, like Pell Grants, which help students from families with low incomes pay for higher education or programs that provide reasonable pathways for student loan repayment could plunge the **430,000 student loan borrowers** in all of Iowa into financial uncertainty.

- Borrowers in Iowa currently collectively hold **\$13.3 billion** in student loan debt, with an estimated average balance of **\$30,930** per borrower.⁶
- **63% of borrowers** in the United States already have difficulty making their student loan payments.
- According to data from the [2019-20 National Postsecondary Student Aid Study](#), over 4 million students had experienced food insecurity and more than 1.5 million students had experienced homelessness.

Economic Impact

Cuts to Medicaid, SNAP, and higher education support will hurt the economy as a whole, including those not directly benefiting from any of the above programs. While Medicaid, SNAP, and higher education support provide vital health coverage, food assistance and assistance for students pursuing a higher education, the indirect recipients of these benefits are hospitals, doctors' offices, pharmacies, and nursing homes, among others – as well as grocery stores. These cuts will result in [shrinking revenue](#) for those businesses and their employees.

- Cuts to federal funding for Medicaid and SNAP will lead to **over a million jobs lost nationally**.
- These job losses will lead to a [multiplier effect](#), in which newly unemployed workers spend less and there is less demand for goods due to funding cuts.
- Providing \$1 billion in SNAP benefits returns a **\$1.54 billion GDP increase**.
- Child poverty costs the United States **\$1 trillion per year**.
- States that elected to expand Medicaid under the Affordable Care Act experienced **employment growth 1.3% higher** than states who did not.

¹ NWLC calculations using U.S. Census Bureau, Tables C27007 and S2704 from 2019-2023 American Community Survey, <https://data.census.gov/>.

² Robin Rudowitz, Usha Ranji, and Brittini Frederiksen, "Top 5 Things to Know about Women and Medicaid Ahead of the Election," (KFF, October 2024), <https://www.kff.org/policy-watch/top-5-things-to-know-about-women-and-medicare-ahead-of-the-election/>.

³ NWLC calculations using U.S. Census Bureau, Tables C27007 and S2704 from 2019-2023 American Community Survey, <https://data.census.gov/>.

⁴ NWLC calculations using MACPAC, "EXHIBIT 16. Medicaid Spending by State, Category, and Source of Funds," (December 2024), <https://www.macpac.gov/publication/medicaid-spending-by-state-category-and-source-of-funds/>.

⁵ NWLC calculations using U.S. Census Bureau, Table S2201 from 2019-2023 American Community Survey, <https://data.census.gov/>.

⁶ NWLC calculations using the office of Federal Student Aid portfolio, "Federal Student Loan Portfolio by Borrower Location," (September 2024), <https://studentaid.gov/data-center/student/portfolio>.